

April 2<sup>nd</sup>, 2019

Dear Parents and Carers,

**RE: Head lice treatment**

There have been a few cases of head lice in Colindale Primary School in some classes and your child may have been exposed. Please read the following information to help eradicate the problem.



**What are head lice?**

Head lice are little insects with moving legs. They are often not much bigger than a pin head. They live on, or very close to, the scalp.

**How are they spread?**

They are most common among young children as they often put heads together during play, allowing the lice to walk from one head to the next.

**How do I do find out if my child has head lice?**

- You need a plastic detection comb, good lighting and an ordinary comb.
- Wash the hair well, then dry it with a towel. The hair should be damp, not dripping. A small amount of conditioner may help if the hair is tangled.
- Comb the hair with an ordinary comb.
- Start with the teeth of the detection comb touching the skin of the scalp at the top of the head and comb downwards repeatedly for 10-15 minutes.



**Who needs treatment?**

Only treat those who have living, moving lice. If more than one family member has lice, treat all those at the same time.

**How do I treat them?**

You can obtain head lice lotion (not shampoo) from your local pharmacist. Follow the instructions that come with the particular product. Repeat the treatment again seven days later, in the same way, with the same lotion.

Use a leave-in conditioner on dry hair before sending your child to school. Check all heads a day or two after the second treatment.

Please note that your child is not required to be absent from school due to head lice. We advise that your child is treated in the evening and attends school the following day

School Nurse Team

